



# May 2015

## NHCL Health Promotion & Wellness Bldg 4 Class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> Simply Fit 4: 12:00-3:00pm Sibling: 2:30-3:30pm Lamaze 1: 5:00-8:00pm	<b>5</b> Simply Fit 3: 12:00-3:00pm Infant Care: 2:00-4:00pm Lamaze 1: 5:00-8:00pm Tobacco Cessation 1: 5:00-6:00pm	<b>6</b> Tobacco Cessation 1: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 1: 5:00-7:00pm	<b>7</b> Gestational Diabetes: 10:00-12:00pm Healthy Heart 1: 4:30-5:30pm Simply Fit 3: 5:00-8:00pm	<b>8</b>
<b>11</b> Simply Fit 5: 12:00-3:00pm Lamaze 2: 5:00-8:00pm	<b>12</b> Simply Fit 5: 12:00-3:00pm Lamaze 2: 5:00-8:00pm Tobacco Cessation 2: 5:00-6:00pm	<b>13</b> Tobacco Cessation 2: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 2: 5:00-7:00pm	<b>14</b> Gestational Diabetes: 10:00-12:00pm Healthy Heart 2: 4:30-5:30pm Simply Fit 4: 5:00-8:00pm	<b>15</b> 
<b>18</b> Simply Fit 6: 12:00-3:00pm Lamaze 3-4: 5:00-8:00pm	<b>19</b> Simply Fit 5: 12:00-3:00pm Infant Care: 2:00-4:00pm Lamaze 3-4: 5:00-8:00pm Tobacco Cessation 3-4: 5:00-6:00pm	<b>20</b> Tobacco Cessation 3: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 3: 5:00-7:00pm	<b>21</b> Gestational Diabetes: 10:00-12:00pm Healthy Heart 3: 4:30-5:30pm Simply Fit 5: 5:00-8:00pm	<b>22</b>
<b>25</b> 	<b>26</b> Simply Fit 6: 12:00-3:00pm	<b>27</b> Tobacco Cessation 4: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 4: 5:00-7:00pm	<b>28</b> Gestational Diabetes: 10:00-12:00pm Healthy Heart 4: 4:30-5:30pm Simply Fit 6: 5:00-8:00pm	<b>29</b>

**"The first wealth is health"**  
 – Ralph Waldo Emerson



For appointments, call Bldg 4 at 910.451.3712

## Physical Fitness Month



# June 2015

## NHCL Health Promotion & Wellness Bldg 4 Class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Simply Fit 1: 12:00-3:00pm Sibling: 2:30-3:30pm	<b>2</b> 	<b>3</b> Tobacco Cessation 1: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 1: 5:00-7:00pm	<b>4</b> Gestational Diabetes: 10:00-12:00pm Healthy Heart 1: 4:30-5:30pm Simply Fit 1: 5:00-8:00pm	<b>5</b>
<b>8</b> Simply Fit 2: 12:00-3:00pm Lamaze 1: 5:00-7:00pm	<b>9</b> Simply Fit 1: 12:00-3:00pm Infant Care: 2:00-4:00pm Lamaze 1: 5:00-7:00pm Tobacco Cessation 1: 5:00-6:00pm	<b>10</b> Tobacco Cessation 2: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 2: 5:00-7:00pm	<b>11</b> Gestational Diabetes: 10:00-12:00pm Healthy Heart 2: 4:30-5:30pm Simply Fit 2: 5:00-8:00pm	<b>12</b> 
<b>15</b> Simply Fit 3: 12:00-3:00pm Lamaze 2: 5:00-7:00pm	<b>16</b> Simply Fit 2: 12:00-3:00pm Lamaze 2: 5:00-7:00pm Tobacco Cessation 2: 5:00-6:00pm	<b>17</b> Tobacco Cessation 3: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 3: 5:00-7:00pm	<b>18</b> Gestational Diabetes: 10:00-12:00pm Healthy Heart 3: 4:30-5:30pm Simply Fit 3: 5:00-8:00pm	<b>19</b>
<b>22</b> Simply Fit 4: 12:00-3:00pm Lamaze 3: 5:00-7:00pm	<b>23</b> Simply Fit 3: 12:00-3:00pm Infant Care: 2:00-4:00pm Lamaze 3: 5:00-7:00pm Tobacco Cessation 3: 5:00-6:00pm	<b>24</b> Tobacco Cessation 4: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 4: 5:00-7:00pm	<b>25</b> Gestational Diabetes: 10:00-12:00pm Healthy Heart 4: 4:30-5:30pm Simply Fit 4: 5:00-8:00pm	<b>26</b>
<b>29</b> Simply Fit 5: 12:00-3:00pm Lamaze 4: 5:00-7:00pm	<b>30</b> Simply Fit 4: 12:00-3:00pm Lamaze 4: 5:00-7:00pm Tobacco Cessation 4: 5:00-6:00pm	<b>SAFETY MATTERS</b>		




**"The first wealth is health"**  
 – Ralph Waldo Emerson

## Safety Month

For appointments, call Bldg 4 at 910.451.3712

# July 2015

## NHCL Health Promotion & Wellness Bldg 4 Class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Tobacco Cessation 1: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 1: 5:00-7:00pm	2 Gestational Diabetes: 10:00-12:00pm Simply Fit 5: 5:00-8:00pm	3 
6 Simply Fit 6: 12:00-3:00pm Sibling: 2:30-3:30pm Lamaze 1: 5:00-7:00pm	7 Simply Fit 5: 12:00-3:00pm Infant Care: 2:00-4:00pm Lamaze 1: 5:00-7:00pm Tobacco Cessation 1: 5:00-6:00pm	8 Tobacco Cessation 2: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 2: 5:00-7:00pm	9 Gestational Diabetes: 10:00-12:00pm Healthy Heart 1: 4:30-5:30pm Simply Fit 6: 5:00-8:00pm	10
13 Simply Fit 1: 12:00-3:00pm Lamaze 2: 5:00-7:00pm	14 Simply Fit 6: 12:00-3:00pm Lamaze 2: 5:00-7:00pm Tobacco Cessation 2: 5:00-6:00pm	15 Tobacco Cessation 3: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 3: 5:00-7:00pm	16 Gestational Diabetes: 10:00-12:00pm Healthy Heart 2: 4:30-5:30pm Simply Fit 1: 5:00-8:00pm	17
20 Simply Fit 2: 12:00-3:00pm Lamaze 3: 5:00-7:00pm	21 Simply Fit 1: 12:00-3:00pm Infant Care: 2:00-4:00pm Lamaze 3: 5:00-7:00pm Tobacco Cessation 3: 5:00-6:00pm	22 Tobacco Cessation 4: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 4: 5:00-7:00pm	23 Gestational Diabetes: 10:00-12:00pm Healthy Heart 3: 4:30-5:30pm Simply Fit 2: 5:00-8:00pm	24
27 Simply Fit 3: 12:00-3:00pm Lamaze 4: 5:00-7:00pm	28 Simply Fit 2: 12:00-3:00pm Lamaze 4: 5:00-7:00pm Tobacco Cessation 4: 5:00-6:00pm	29	30 Gestational Diabetes: 10:00-12:00pm Healthy Heart 4: 4:30-5:30pm Simply Fit 3: 5:00-8:00pm	31 



"The first wealth is health"  
– Ralph Waldo Emerson

### Fruits and Vegetables Month

For appointments, call Bldg 4 at 910.451.3712

# August 2015

## NHCL Health Promotion & Wellness Bldg 4 Class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Simply Fit 4: 12:00-3:00pm Lamaze 1: 5:00-8:00pm	<b>4</b> Simply Fit 3: 12:00-3:00pm Infant Care: 2:00-4:00pm Lamaze 1: 5:00-7:00pm Tobacco Cessation 1: 5:00-6:00pm	<b>5</b> Tobacco Cessation 1: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 1: 5:00-8:00pm	<b>6</b> Gestational Diabetes: 10:00-12:00pm Simply Fit 4: 5:00-8:00pm	<b>7</b> 
<b>10</b> Simply Fit 5: 12:00-3:00pm Sibling: 2:30-3:30pm Lamaze 2: 5:00-8:00pm	<b>11</b> Simply Fit 4: 12:00-3:00pm Lamaze 2: 5:00-7:00pm Tobacco Cessation 1: 5:00-6:00pm	<b>12</b> Tobacco Cessation 2: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 2: 5:00-8:00pm	<b>13</b> Gestational Diabetes: 10:00-12:00pm Healthy Heart 1: 4:30-5:30pm Simply Fit 5: 5:00-8:00pm	<b>14</b>
<b>17</b> Simply Fit 6: 12:00-3:00pm	<b>18</b> Simply Fit 5: 12:00-3:00pm Lamaze 3: 5:00-7:00pm Tobacco Cessation 2: 5:00-6:00pm	<b>19</b> Tobacco Cessation 3: 12:00-1:00pm	<b>20</b> Gestational Diabetes: 10:00-12:00pm Healthy Heart 2: 4:30-5:30pm Simply Fit 6: 5:00-8:00pm	<b>21</b>
<b>24</b> Simply Fit 1: 12:00-3:00pm Lamaze 3-4: 5:00-8:00pm	<b>25</b> Simply Fit 6: 12:00-3:00pm Lamaze 4: 5:00-7:00pm Tobacco Cessation 3: 5:00-6:00pm	<b>26</b> Tobacco Cessation 4: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 3-4: 5:00-8:00pm	<b>27</b> Gestational Diabetes: 10:00-12:00pm Healthy Heart 3: 4:30-5:30pm Simply Fit 1: 5:00-8:00pm	<b>28</b>
<b>31</b> Simply Fit 2: 12:00-3:00pm				

### Preventive Health Month

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 – Ralph Waldo Emerson

For appointments, call Bldg 4 at 910.451.3712

# September 2015

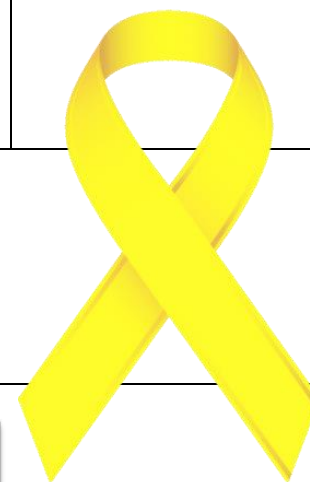
## NHCL Health Promotion & Wellness Bldg 4 Class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Tobacco Cessation 1: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 1: 5:00-7:00pm	3 Gestational Diabetes: 10:00-12:00pm Simply Fit 5: 5:00-8:00pm	4
7 <b>HAPPY LABOR DAY</b>	8 Simply Fit 5: 12:00-3:00pm Infant Care: 2:00-4:00pm Lamaze 1: 5:00-7:00pm Tobacco Cessation 1: 5:00-6:00pm	9 Tobacco Cessation 2: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 2: 5:00-7:00pm	10 Gestational Diabetes: 10:00-12:00pm Healthy Heart 1: 4:30-5:30pm Simply Fit 6: 5:00-8:00pm	11
14 Simply Fit 1: 12:00-3:00pm Sibling: 2:30-3:30pm Lamaze 2: 5:00-7:00pm	15 Simply Fit 6: 12:00-3:00pm Lamaze 2: 5:00-7:00pm Tobacco Cessation 2: 5:00-6:00pm	16 Tobacco Cessation 3: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 3: 5:00-7:00pm	17 Gestational Diabetes: 10:00-12:00pm Healthy Heart 2: 4:30-5:30pm Simply Fit 1: 5:00-8:00pm	18
21 Simply Fit 2: 12:00-3:00pm Lamaze 3: 5:00-7:00pm	22 Simply Fit 1: 12:00-3:00pm Infant Care: 2:00-4:00pm Lamaze 3: 5:00-7:00pm Tobacco Cessation 3: 5:00-6:00pm	23 Tobacco Cessation 4: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 4: 5:00-7:00pm	24 Gestational Diabetes: 10:00-12:00pm Healthy Heart 3: 4:30-5:30pm Simply Fit 2: 5:00-8:00pm	25
28 Simply Fit 3: 12:00-3:00pm Lamaze 4: 5:00-7:00pm	29 Simply Fit 2: 12:00-3:00pm Lamaze 4: 5:00-7:00pm Tobacco Cessation 4: 5:00-6:00pm	30		

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– Ralph Waldo Emerson



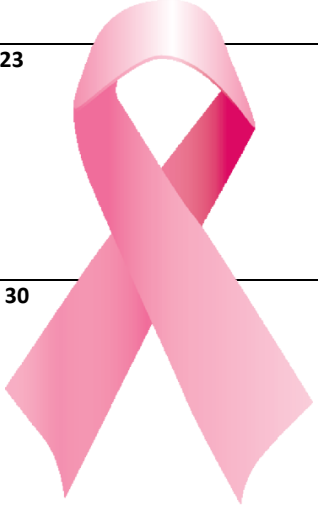
### Mental Health / Suicide Prevention

For appointments, call Bldg 4 at 910.451.3712



# October 2015

## NHCL Health Promotion & Wellness Bldg 4 Class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Gestational Diabetes: 10:00-12:00pm Simply Fit 5: 5:00-8:00pm	2
5 Simply Fit 6: 12:00-3:00pm Sibling: 2:30-3:30pm Lamaze 1: 5:00-8:00pm	6 Simply Fit 6: 12:00-3:00pm Infant Care: 2:00-4:00pm Tobacco Cessation 1: 5:00-6:00pm	7 Tobacco Cessation 1: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 1: 5:00-7:00pm	8 Gestational Diabetes: 10:00-12:00pm Healthy Heart 1: 4:30-5:30pm Simply Fit 1: 5:00-8:00pm	9
12 	13 Simply Fit 1: 12:00-3:00pm Tobacco Cessation 2: 5:00-6:00pm	14 Tobacco Cessation 2: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 2: 5:00-7:00pm	15 Gestational Diabetes: 10:00-12:00pm Healthy Heart 2: 4:30-5:30pm Simply Fit 2: 5:00-8:00pm	16
19 Simply Fit 1: 12:00-3:00pm Lamaze 2: 5:00-8:00pm	20 Simply Fit 2: 12:00-3:00pm Infant Care: 2:00-4:00pm Tobacco Cessation 3: 5:00-6:00pm	21 Tobacco Cessation 3: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 3: 5:00-7:00pm	22 Gestational Diabetes: 10:00-12:00pm Healthy Heart 3: 4:30-5:30pm Simply Fit 3: 5:00-8:00pm	23 
26 Simply Fit 2: 12:00-3:00pm Lamaze 3-4: 5:00-8:00pm	27 Simply Fit 3: 12:00-3:00pm Tobacco Cessation 4: 5:00-6:00pm	28 Tobacco Cessation 4: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 4: 5:00-7:00pm	29 Gestational Diabetes: 10:00-12:00pm Healthy Heart 4: 4:30-5:30pm Simply Fit 4: 5:00-8:00pm	30




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— Ralph Waldo Emerson

### Health Literacy / Breast Cancer Awareness

For appointments, call Bldg 4 at 910.451.3712

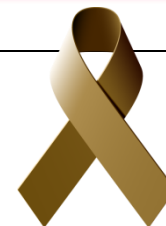
# November 2015

## NHCL Health Promotion & Wellness Bldg 4 Class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Simply Fit 3: 12:00-3:00pm Sibling: 2:30-3:30pm	<b>3</b> Simply Fit 4: 12:00-3:00pm Infant Care: 2:00-4:00pm Tobacco Cessation 1: 5:00-6:00pm	<b>4</b> Tobacco Cessation 1: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 1: 5:00-8:00pm	<b>5</b> Gestational Diabetes: 10:00-12:00pm Simply Fit 5: 5:00-8:00pm	<b>6</b>
<b>9</b> Simply Fit 4: 12:00-3:00pm Lamaze 1: 5:00-7:00pm	<b>10</b> Simply Fit 5: 12:00-3:00pm	<b>11</b> 	<b>12</b> Gestational Diabetes: 10:00-12:00pm Simply Fit 6: 5:00-8:00pm	<b>13</b>
<b>16</b> Simply Fit 5: 12:00-3:00pm Lamaze 2: 5:00-7:00pm	<b>17</b> Simply Fit 6: 12:00-3:00pm Infant Care: 2:00-4:00pm Tobacco Cessation 2: 5:00-6:00pm	<b>18</b> Tobacco Cessation 2: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 2: 5:00-8:00pm	<b>19</b> Gestational Diabetes: 10:00-12:00pm	<b>20</b>
<b>23</b> Simply Fit 6: 12:00-3:00pm Lamaze 3: 5:00-7:00pm	<b>24</b> Tobacco Cessation 3-4: 5:00-6:00pm	<b>25</b> Tobacco Cessation 3-4: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 3-4: 5:00-8:00pm	<b>26</b> 	<b>27</b>
<b>30</b> Lamaze 4: 5:00-7:00pm	<div>  <div> <b>Tobacco Free Living</b> </div> </div>			

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– Ralph Waldo Emerson



For appointments, call Bldg 4 at 910.451.3712





# December 2015

## NHCL Health Promotion & Wellness Bldg 4 Class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tobacco Cessation 1: 5:00-6:00pm	2 Tobacco Cessation 1: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm	3 Gestational Diabetes: 10:00-12:00pm	4
7 Sibling: 2:30-3:30pm Lamaze 1: 5:00-7:00pm	8 Infant Care: 2:00-4:00pm Tobacco Cessation 2: 5:00-6:00pm Lamaze 1: 5:00-7:00pm	9 Tobacco Cessation 2: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 1: 5:00-7:00pm	10 Gestational Diabetes: 10:00-12:00pm	11
14 Lamaze 2: 5:00-7:00pm	15 Simply Fit 1: 12:00-3:00pm Tobacco Cessation 3: 5:00-6:00pm Lamaze 2: 5:00-7:00pm	16 Tobacco Cessation 3: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 2: 5:00-7:00pm	17 Gestational Diabetes: 10:00-12:00pm	18
21 Lamaze 3: 5:00-7:00pm	22 Infant Care: 2:00-4:00pm Tobacco Cessation 4: 5:00-6:00pm Lamaze 3: 5:00-7:00pm	23 Tobacco Cessation 4: 12:00-1:00pm Early Pregnancy: 1:30-4:00pm Lamaze 3: 5:00-7:00pm	24 Gestational Diabetes: 10:00-12:00pm	25 
28 Lamaze 4: 5:00-7:00pm	29 Lamaze 4: 5:00-7:00pm	30 Early Pregnancy: 1:30-4:00pm Lamaze 4: 5:00-7:00pm	31 Gestational Diabetes: 10:00-12:00pm	

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– Ralph Waldo Emerson

### Impaired Driving Month

For appointments, call Bldg 4 at 910.451.3712